

Forest Lodge Academy

Weekly Wellbeing Challenge Week 2

We hope you enjoyed last week's challenge about mindfulness. This week we are focusing on fitness for wellbeing. There is a strong link between physical health and mental health. These activities are something you can do by yourself or with your family.

Remember to be safe at all times and tell a grown up what you are doing.

We have set six fun fitness tasks below for you to have a go at. You don't need to do them all just try as many as you like and when you speak to your teacher let them know how you got on.

Active 10

Make 'Active 10 cards' and put them around the house or if you have a garden then outside (like a fitness treasure hunt). Move around the space and every time you pick a card up carry out that activity. Some ideas are below or make your own up! Challenge your family to join you. Who can do it in the quickest time?



- 10 star jumps
- 10 seconds of running on the spot
- 10 times around the kitchen
- 10 lunges
- 10 seconds of dancing

Powerful Pilates

Pilates is a great way to stretch and build core strength. There are lots of videos on line of pilates sessions and apps.

<https://www.youtube.com/watch?v=ORCO7CCnRDw>



PE with Joe Wicks

Have a go at Joe Wicks daily PE lessons at 9am each day on you tube.



Zen Den Yoga

Join in the Zen Den Yoga Minecraft lesson. There are lots of other yoga lessons on you tube.

<https://www.youtube.com/watch?v=02E1468SdHg>



Wonderful Walking

The Government have recommended everyone exercise at least once a day. If you have a green space you can safely walk around whilst social distancing (with your grown up-never alone) go for a ten minute walk.



Dance Dance Dance!

Dancing is a brilliant way to feel good and get yourself moving. Put on your favourite songs and have a dance party with your family. Who has the best moves?!

